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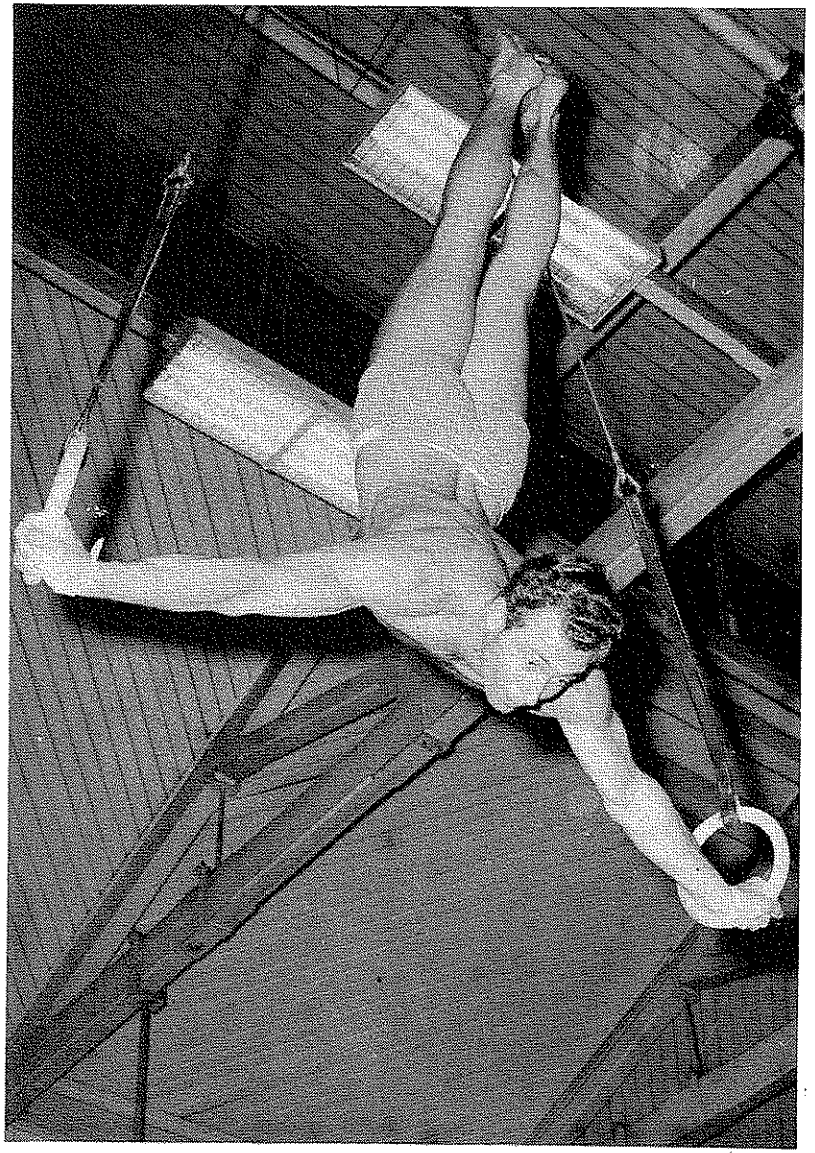
GYMNAST



December 1971

the gymnast

Vol. 1 No. 2 December 1971

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Please send all letters, articles, subscriptions, advertisements etc. to your agent, who will pass them on for printing. Where there is no agent yet, send all material to NSW agent.

Deadlines for the 1972 issues are as follows
March 31st.
May 31st.
August 31st.
November 30th.

Agents for WA, Canberra, NT, Tasmania, and NZ not yet finalised, and applications are still open.

Cover photograph...Barry Cheales, Queensland.

LETTERS TO THE EDITOR

Dear Sir,
Congratulations to the supporters for getting together this very much needed publication in our very decentralized land of the kangaroos.

The opportunity for gymnasts, judges, spectators and just interested sportsmen to just air their views and help each other by way of this magazine is certainly a great asset in creating further interest in our sport.

Again my sincerest best wishes for the future continued success of the magazine and for the initiative of getting an Australian gymnastic publication on the way again.

-Barry Cheales (Qld).

Dear Sir,
Having had time to reflect back on the recent Australian Gymnastic Championships Ifeel the following points are worthy of note.

Firstly, I would like to congratulate Donna Powell, Pam Evans, Paul Szyjko and Lambert Ariens on their individual successes and to the junior team as a whole congratulations on winning the E. F. Morris shield for the third successive year.
Success while achieved by the competitors, is in no small way due to the dedication and skill of the coaches and to them congratulations for a job well done.

To all competitors praise is due for the way they conducted themselves,as their tidy appearance and orderly behaviour made them fine peresentatives of this state and I was proud to associate myself with them.

Turning now to finance, I feel this left a lot to be desired. I refer in a particular way in which hotel accomodation and other money expenses were paid over to the liason officer. To have many people coming up at all times and handing over various sums of money created many problems which could have easily been avoided had the Association insisted on all monies being paid in

proir to departure from Adelaide. I strongly recommend that this approach be adopted for future trips.

Looking at the actual competition, I was disappointed in the lack of liason and organisation by the Victorian Association, the location of training venues and directions to get there especially with no transport provided left much to be desired. The lack of liason officers for each state was most disappointing.

All of this would have probably been forgotten had the final night party provided the means to 'wind down' after a tense and tiring week, but again the Victorians disappointed. Firstly, we were met at the door and advised that all competitors had to pay $1.00 - and for what? On our arrival there was no supper left and very little to drink. I will not dwell on this but stress that many of the girls were upset at what was offered.

Summarising then, congratulations to the state squad for their conduct and fine representation of S.A.
More advanced planning on financial arrangements required by the Associations with possibly a sub-committee set up to handle such matters.
Disappointment in the V.A.G.A. organisation particularly with reference to distance from city of training venues, lack of liason, and organisation of social functions.

R. E. Roberts. (SA).

If you are a gymnast, then this is your magazine.

DO SOMETHING TO KEEP IT THAT WAY.

WHAT IS A GYMNAST?

- Tony Richardson.

Dedication, devotion and discipline too,
Are the three D's of gymnastics - are they present in you?

To reach the top - a champion to be,
First you must realise the need for all three.

Dedication to the sport, a will to succeed,
Devotion to training, both these you will need.

Discipline of self - other interests put last,
These are the things that make a gymnast.

Having accepted the three D's as a necessary part
What else is needed in a sport that's an art?

The strength of an ox - the agility of a cat,
So it on the high bar or down on the mat.

Courage and confidence, the ability to fight,
To perfect new movements, not mastered quite right.

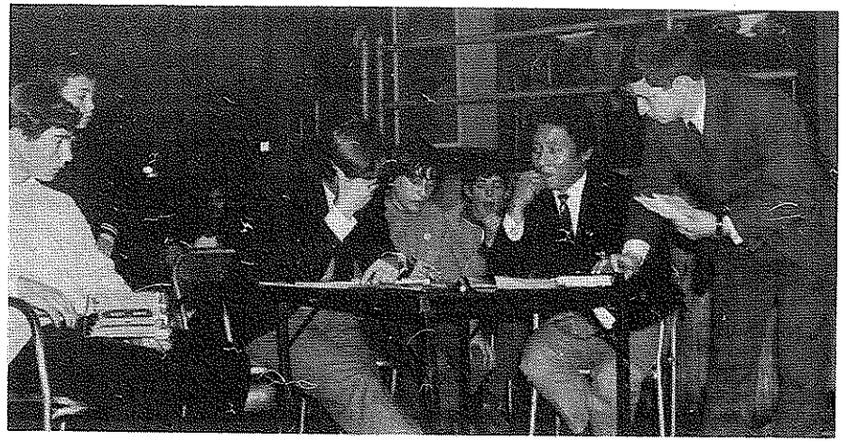
But never forgetting what you've learnt in the past,
These are the things that make a gymnast.

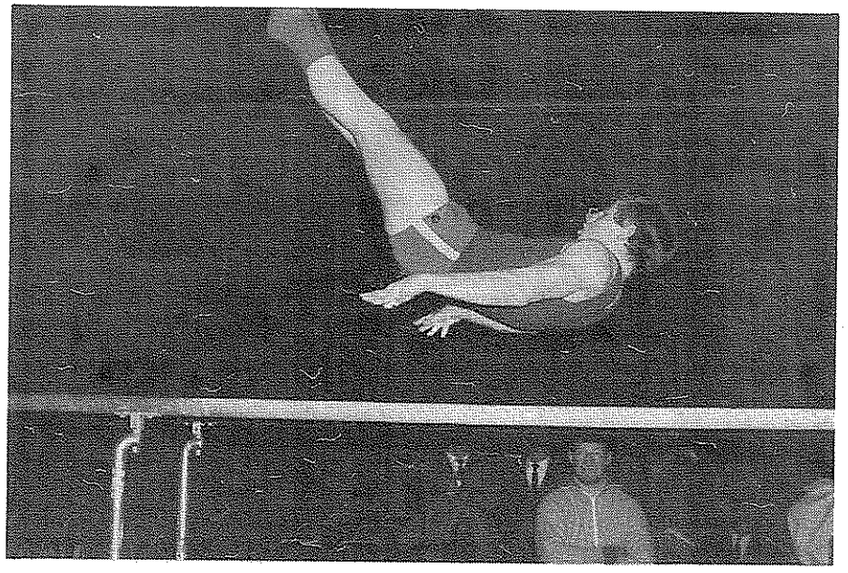
THE PROBLEM OF TALENT PROMOTING IN GYMNASTICS

Helmut Geiblinger

In providing the skills of a person the degree of this talent [illegible] ease with which skills can be learned is of decisive importance.

This means that to effectively improve them the trainer must [illegible] that the degree "aptitude for sport" actually means [illegible] which requirements are needed to attain the optimum development.





Unfortunately, as far as sport is concerned a universally approved definition of the word talent is missing and in my opinion it would be hard to formulate such a definition because the different sports descriptives require different assumptions regarding physical, psychological, mental and motor characteristics.

In view of this, it is necessary to analyse the characteristics of a specific sport's section so that the content and degree of a learning and training programme can be determined.

Regarding the five arts of gymnastics, Dan S. Millmann, specialist gymnastics coach at Stanford tried to define the abilities needed. He writes: "What we call talent is really a conglomeration of many specific abilities which can be vastly improved"

Generally speaking talent consists of the following characteristics:

1. Adjustment and personality figures
   a. Strong motivation.
   b. Confidence
   c. Persistence, determination and enthusiasm.
2. Intelligence
   a. in this connection, the ability to learn from experience.
3. Movement of all joints and ligaments.
4. Strength - is special strength for gymnastic movements.
5. Sense of movement - awareness of special factor.
6. Quick reflexes - explosive and dynamic movements and the ability to change the body position quickly.
7. The last characteristic is innate - body build - a small muscle build is a basic requirement

These abilities are as Millamnn says not so much innate as developed. This applies greatly in the area of motor movements. Where, at least in connection with more advanced and more complicated performances, learning and training plays a far more important part as the bodily constitution quoted so often

Therefore the ability to gain experience through movement and to develop a new attitude by actual performance becomes the decisive stimulating factor of the kinetic progress.

So talent promoting in gymnastics means an early attempt of kinetic practicalities i.e. the systematic training of the existent abilities should start at primary school age at the latest.

In this connection it is important:

1. To extend the practical knowledge of movement, respective to adjust existent shortcomings
2. To perfect the basic characteristics of movement - speed, strength, endurance, agility, mobility and
3. To offer a wide repertoire of movement patterns to be available for latter use and to alleviate the learning progress, respectively enable it at all.

In the educational field the aim of a talent promotion in gymnastics therefore is to start, plan and guide the kinetic skills as early as possible not only as a performance of a small number of selected boys and girls but talent develops in the widest possible sense

AN INDIVIDUAL'S IMPRESSIONS FROM AUSTRALIAN CHAMPIONSHIPS

MELBOURNE - 1971.

-by Peter Sharpe.

The Australian Championships are obviously the climax of the gymnastics year. Therefore it should be afforded the status befitting it, by the organisers.

What is the purpose of the competition? Surely it is to provide an opportunity for the gymnasts of Australia to not only meet in competition, but also to get to know one another, to share ideas, compare training methods - in short to commun-

icate as widely and deeply as possible (for surely this is the best way to further the cause of gymnastics on a national level)

Was this purpose achieved? To a large extent this was achieved at the various competitions and training sessions. However, this is insufficient in my opinion, as obviously at these times the prime concern should be gymnastics and not social intercourse. At the 1970 Australian Championships there was a welcome dinner which all teams and officials attended so that everyone had a chance to meet each other. In Melbourne however, the organisers saw fit to provide such a function for officials only and to inform those concerned upon their arrival in Melbourne - a fine example of efficient organisation and magnanimity. Almost as an afterthought, it seems, a welcome function was organised but judging by the number of people who attended, it was not completely successful.

Nevertheless, by no means was the week a failure. The friendliness of the gymnasts towards each other and their willingness to be-friend others they did not know, was a comforting signal pointing towards the overall success of the competition. The most enjoyable part of the competitions for me was the warmth and friendliness I found in those I met for the first time, and those I came to know better. It is this, I think, which makes for the nostalgia associated with such occasions.

I think Matsu's comments after the finals are most appropriate. Although the standard of gymnastics in Australia is comparatively low, the general realization of the importance of correctness and thoroughness in learning basics in gymnastics, the importance of flexibility and suppleness as well as strength (this is of course more relevant to mens, rather than womens gymnastics) and the potential shown by a great many gymnasts in Melbourne - all these give promise of a much brighter future for gymnastics in Australia.

GYMNASTICS

Barry Cheales - Secretary, Q.A.G.A.

The Oxford Dictionary described it as "involving bodily or (rarely) mental exercise discipline, effort and activity. Exercise developing the muscles". I don't like the sound of that "rarely" bit. Britannia describes it as being a "Greek word meaning 'nude' as it was in early times performed in the raw. Originally 500BC "gymnasium" was a meeting and cultural house which developed into a meeting place for a number of sports - fencing, boxing, athletics, wrestling, as it was the method used by athletes to develop strength and stamina for these other sports. It was then included in the early Olympics as a separate sport called gymnastics.

The sport then lapsed centuries and was taken under wing with the formation of Federation of International Gymnastics in 1850's as a number of European countries were performing different apparatus and the formation of this body amalgamated the 6 men's apparatus. The sport was included in modern Olympics as well as a World Competition for gymnastics which was to be held every 4 years, the 2nd year following an Olympic Games.

The F.I.G. drew up rules which defined apparatus specifications and a code for judging. It required gymnasts performing on apparatus to be (a) Mechanically correct (b) perfect form (c) executing of each individual part to its greatest potential (d) proper timing, rhythm and continuity (e) elegant delivery (f) balance (g) confidence, flair and sureness (h) firm stand on dismounts (i) impressiveness throughout (j) a well groomed and neat appearance. In fact not much of a requirement from any performer. It requires the gymnast to perform a compulsory routine set by F.I.G. and also an optional routine of the gymnasts own choice on all apparatus. The routine is a sequence or combination of 8 to 12 singular tricks or stunts on each apparatus.

Participation of Olympic style gymnastics in Australia commenced in 1948 with the formation of the Australian Gymnastics Union and the sport was represented internationally for the first

time at the 1956 Melbourne Games. Since that time Australian gymnasts have been given token representation in the 3 Olympic Games. Only at the 1964 Olympics was full representation of a 6 man team given. Australia placed 8th out of the ten countries coming a close second behind Canada of the British Commonwealth Countries competing at these games. This year is the first time Australia will be represented at the four yearly World Gymnastic Titles. Whilst our results in the only international competition where a full Australian Gym Team has competed (1964) seem to be down the list, our scores are not as bad as it would seem. Out of a perfect score of 10 points the gold medalists would receive approximately 9.5 whilst our score on the same apparatus may be 9.0 to 9.2 but, within the difference would be 50 odd other performers.

The sport of Gymnastics is not seasonal as summer and winter sports go, but a steady build up in training from before Christmas through until the following October, through Club, City, State and National and World Championships. It is a sport which, I believe, requires more from a performer than most other sports. Having originally been developed from apparatus designed by other sports as a method of exercising and getting fit for these other sports, it requires from a performer a maximum of body use. Each apparatus has been designed to develop strength and co-ordination of different parts of the body.

Therefore a gymnast is receiving not only general exercise but is developing strength in all parts of the body as well as the ability to co-ordinate the strength as might be required when performing standing back somersaults on the ground. As well as strength and body co-ordination it develops speed, grace, mental alertness, stamina and self confidence to make the sport of gymnastics, in my mind, not only an excellent physical outlet but the satisfaction and enjoyment of achievement - sore hands and a hole in the pocket.

INTERVIEW PETER LLOYD GYMNAST

Interview with Peter Lloyd - (twice Victorian and 2 times Australian Champion, and winner of 16 gold medals on apparatus in these Championships , representing Australia in the World Championships in Ljubljana, Yugoslavia in 1970), by Jan Kuzl.

Jan: How old are you?
Peter: I am 22 years old.

Jan: What do you do for a living?
Peter: I'm a Physical Education teacher with the Education Department.

Jan: How did you get started in gymnastics?
Peter: Back in 1961 I saw a friend do a handspring in the street and decided that he couldn't go unchallenged. Every night that week I spent on the lawn trying that handspring, till I eventually learned it. The following year, the new Physical Education teacher at school happened to teach gymnastics at Youth Club and he coached us lunch-times at school and twice a week at the Youth Club.

Jan: Who was your first coach?
Peter: The Physical Education teacher and coach I have mentioned and Vince Cooper who usually coached the Victorian junior champion team. We learned a lot from each other; it was very much trial and error to begin with.

Jan: What club do you train with now?
Peter: Three years ago I joined Collegians Gymnastics Club. Vince and I found A grade too demanding for our trial and error methods so I joined an A grade club in effort to gain more knowledge.

Jan: What do you remember about your competitions as a junior?
Peter: I had many disappointments in my first six years as a junior in competitions. I was never close to winning anything,

it was very discouraging, but when I joined Collegians Gym I began to improve rapidly with the inspiration and encouragement of Murry Chessell and others. I laugh when I think back to my first Competion in 1963. I turned up to the venue in long cricket trousers and running shoes, wearing a singlet three sizes too big, which kept getting in the way. I applaud the invention of the leotard when I remember the problems I had with singlets.

JAn: Did you notice the jump in standard from the lower grades to A grade?
Peter: After B grade it was a thrill to think I had actually made it to A grade. But this was short lived. I never worked so hard and seemed to improve so little as that year before my first A grade competition, possibly because I had so much to learn.

Jan: Which A grade competition was your first senior win?
Peter: My first ever win after seven years of competition was the Victorian Senior Championships 1970 and soon after the Australian Senior Championships. It all seemed to happen at once.

Jan: You were a member of the Australian Team in the World Championships last year, do you have any comments on this trip?

Peter: It was a tremendous thrill and a great experience, something I had always dreamed of, but never thought possible. Suddenly everything I had ever done was worthwhile. Anyone who is serious about the sport should aim to compete in at least one World Championships or Olympic Games for it is a spectacle beyond description and to experience the thrill of participating with the best in the world must not be missed.

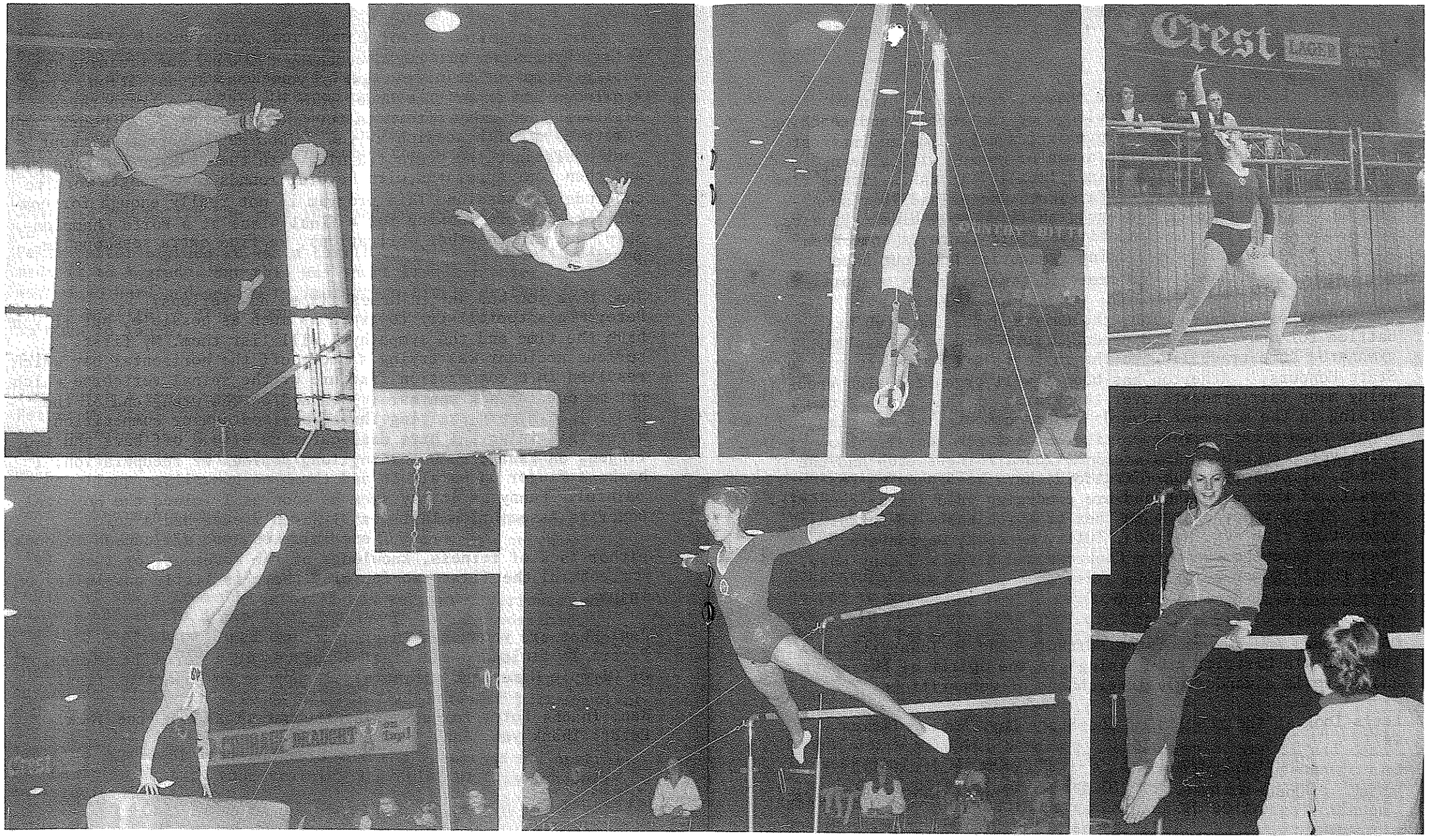
Jan: You were last year and this year the Victorian and Australian Champion. What is your training schedule? Is this schedule satisfactory?

Peter: Ever since you began coaching us, Jan, our training has vastly improved, mainly because of your your organisation, great knowledge and experience. Under your direction we train three nights and Saturday afternoon for an average of 2½ -3 hours, and sometimes a fifth session at the Melbourne University without your assistance. We begin training with tumbling or vaulting and and then four apparatus, with several rounds of strength work to conclude the session. This program is not really enough for competitors who are looking for a final place at a World Championship, but due to other obligations, we find extra sessions impossible

Jan: Have you had any injuries? If so how serious?
Peter: This topic I try to avoid as much as possible, but if you have the time and the sympathy I will list them. My first serious accident was trying a hecht off the horizontal bar which resulted in a compression fracture of the spinal vertebrae which put me out for six months. (I landed on the wrong end of the body.) In a very exciting three years of senior competition after this injury, I have dislocated an elbow off bars and two fingers on vault, each meaning long periods of recuperation. I broke a finger on parallels and thumb on pommells, equally as painful. Funny as it may seem as soon as I joined the Hospital Benefits Association last year I haven't ever had a cold. These injuries were all caused through either lack of fitness, knowledge of the movement, or luck. If you control the first two factors, there is little possibilty of injury.

Jan: What are your aims in gymnastics?
Peter: To finish in the final 50 places in a World Championships or Olympic Games and ultimately I suppose an apparatus final.

Jan: Thanks Peter for answering the questions and good luck.
Peter: Thank you, Jan.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WAY UP NORTH

CAIRNS: 1,200 miles from the nearest centre of Advanced Gymnasts and few with any knowledge of instruction and coaching. Youth Clubs fold but somehow gymnastics maintains an interest among the youngsters and when a man or woman, with a keen interest in the sport, lands in a locality it takes little time to produce budding stars. Far North Queensland is responding to the influence of few such, shall we say, older gymnasts, and consequently in the competitive field there is some keen rivalry. Many clubs are doing gymnastics but four have struck out to revive the interest in gymnastics as a sport.

The oldest established club, the Cairns Gymnasium Club has battled for many years and produced very good mademoiselle gymnasts, some travelling to the far off "big smoke" to vie for State Honours. Atherton has been a well organized club producing many fair gymnasts over the years. This club is now joining in the movement towards modern competitive training and should show great improvement in the next few years. Two relatively new clubs, Innisfail National Fitness Club and the Barron Valley Youth Club (Stratford) have been showing the results of keen coaching and are producing good junior competitors. Every major centre in the Far North has a potential gymnastics club e.g. Malanda, Tully, Mareeba, Gordonvale, Mossman, Ravenshoe and even Cooktown and Weipa and many more. Boy! That's some area!

Our friends and rivals of the Northern Zone in Townsville and the Burdekin District are joining in the spirit of the sport and there is a wonderful interchange of competitions.

Let's look at the results of the State Boys Novice Titles - 1971.

Under 12 Team	-	won by Innisfail
Under 14 Team	-	won by Far North Queensland. (1st, 2nd and 3rd place).

and the State Girls' Novice Titles - 1971/

Under 16	-	Barron Valley Youth Club 2nd and 3rd.
Under 11	-	Barron Valley Youth Club 1st, 4th and 5th.

Next year will, we forecast, show better results by more competitiors. In five years time? - Where will the Australian Championships be held?

Gwen McConaghy - Barron Valley Y.C.

REPORT ON VICTORIAN GYMNASTICS - Host State National Championships- 1971

From the Competitions

Four thousand schoolchildren witnessed the Junior Men's and Women's finals, a feature trampoline display and tumbling exhibition by senior gymnasts on Thursday 21st August at Festival Hall. The programme presented on this day, together with the final session, were the undoubted highlights of the championships.

Congratulations to all officials, gymnasts and spectators who helped to make this year's championship the great spectacle it was. In particular, to our reigning champions - Suzette Cork (W.A.) and Peter Lloyd (VIC) for their outstanding work in the competition.

Since the Nationals

Of interest in particular has been the influx of International blood. Jerry Mikoska, a former Czech Olympic gymnast and coach, is assisting Jan (cuddly) Kuzl at the Collegians gymnastic club. Mrs. Lidya Kroll, former Polish Olympic gymnast and Mrs. Marea Vagac another Czech coach, are coaching at Bentleigh-McKinnon and Mordialloc Youth Clubs respectively.

A sincere welcome into the sport in Australia is extended to these people and all the best with future teams.

The recent formation of the V.A.G.A. display troupe has stimulated further interest into the sport throughout this State. The organizers are hoping to offset the ever increasing travelling expenses of Victorian teams to National Championships through a constant drive in this direction. Any enquiries for Displays should be made to Mrs. B. Harvie - 25 Allandale Road, Mentone - "The Displays Secretary".

Recent News and Views, Talk around the MgCO3 tin, etc.

1. Congratulations Rex Jewell (Collegians) on announcing his engagement to Carol Wickow.
2. The Y.M.C.A. using video-tapes at training - Comments from the boys - "It's Great".
3. Watch out for straight arm work on rings in '72.
4. Coralie Davies has got that old feeling back again and is training better than ever.

Results of 1971 Grade Competitions.

Team Results

Women			Men	
Junior	C-Grade	Olympia	Junior C	St.Kerins College
	B-Grade	Cheltenham	B	Burwood Tech.
Senior	C-Grade	No Team	Senior C	Geelong Grammar
	B-Grade	No Team	B	No Team

Individual Results

Women

Junior C-Grade
1. Julie Walton (Athena)
2. Dianne Brenen (Athena)

Junior B-Grade
1. S. Kille (Cheltenham)
2. L. Robb (Olympia)

Senior B-Grade
1. G. Burnette (Olympia)
2. P. Turner (Bentleigh)

Men

Junior C-Grade
1. P.Borger (St.Kevins)
   K. Halsom (Ess. Tech.)
2. B. Rademarer (St.Kevins)

Junior B-Grade
1. G. Pennefather (YMCA)
2. B. McFarlene (Burwood Tec)

Senior C-Grade
1. H. Bode (Collegians)
2. D. Jaffe (Geelong)

Senior B-Grade
1. H. Allan (Olympia)
2. P. Browne (Collegians)

QUEENSLAND REPORT

Well at this stage of our gymnastic year, we are all busily enjoying a more relaxed part of gymnasticating trying new tricks and generally mucking about as against the hard training leading up to competition. Another Olympic year has put a stop to this for us and it will be the hard train through Christmas sweating it out in the gym in preparation for the trials in February and Nationals in March.

Following return from the Nationals, our Technical Advisers Ena Duffield and Bob Davidson were preparing for Novice Titles which over the past few years have shown a tremendous increase in competitors. This years mass of entries gave us 137 young girl competitors and 80 boys in the Novice Titles. Entrants and their coaches travelled as far as 1,000 miles from Cairns - others fron Townsville, Ayr and Rockhampton (500 miles) to

compete in this competition, showing the enthusiasm of these gymnasts. Standard of the competition is quite high and we are looking forward to the time when as many travel so far for a State Senior Title. Results of Junior Competition for 1971 are as follows:

R. Miller.	Brisbane Womens (Jun. A)
C. Beatts.	Clayfield College (A Res.)
V. Brown.	Brisbane Womens (B Res)
K. Bercene	Police Club (B Res)
D. Callaghan	YMCA (C Res)
T. Earle	Bardon (C Res)

J. Mathieson	Novice	U10	Townsville
H. Wooderson	"	U16	Nundah
R. White	"	U14	Barron Valley Youth Club.

With our special problem of decentralisation in Queensland, and clubs scattered over 1,000 miles of coastline, the set up and provision in our constitution for zone committies is proving quite successful. Ted Elliott, Secretary of the far north zone is also National Fitness Officer, and is working well for the promotion of gymnastics of clubs in the Cairns area. The Northern Zone operates from Ayr and takes in Townsville and general area. Audrey Hazel is Secretary and with a good working committee recently staged the Northern Gymnastic Championships in Townsville. Under sponsorship, the area was able to fly Ena Duffield up to Townsville for the weekend to judge at the competition and to coach other interested persons in that special art.

Each Zone committee has its own President, Secretary, Treasurer and Men's and Women's Technical Advisors to service local clubs in that area and the State Body is kept up to date with what is done. Affiliation fees of clubs in their area are paid to the State Association though half this fee is returned to the Zone Committee to disperse in running costs in the interests of the member clubs. Gym camps are certainly an excellent way to enjoy the sport as well as gain knowledge on techniques and of new tricks. The Collegians Camp at Torquay is a good example of the enjoyment and productivity of this form of training. Trust the Vic's to have their own sight.

Following a pattern of giving coaching aid to all Queenslanders, another State Camp is proposed for Tinaroo Dam just west of Cairns, and hopefully, of sponsorship again to allow us to fly up knowledgeable coaches to the North for that long weekend and impart their knowledge to coaches and gymnasts attending this camp. Other camps are proposed for next year and we look forward to their being of common benefit to all gymnasts from clubs who participate.

With two Americans - David and Jonnie Nieman - husband and wife team we are happy to have them in Queensland for their stay in this State. Whilst they both have competent performances on all apparatus, they enjoy the sport without the pressure of competition and train hard regularly. David's 6' 3" form is beautiful to watch as he sails around the high bar executing inverted giants. and double twist flyaways which seem to sail around with the greatest of ease. Only trouble is he cannot point his toes as with the high bar on its highest notch and mats taken away from immediately below the bar, he still risks injury if his toes are pointed at the bottom. His knowledge of twist work is as good as anyone I have met in Australia. Within three sessions he managed to teach me a full twist dive roll - often seen in American films when it flashes by I've said in the past "what the hell was that?" Double twist on tramp was learnt in three minutes. I have advanced from the full I already have and now can nearly get it on on the floor. After playing with roundoff, flip arabian (backward takeoff ½ twist, front sault) the suggestion of 1 3/4 sault came up, and the attempts turned out fine having done many 1 3/4 front dive roll out - off the mini-tramp. Next training session the first one went straight over the shoulder - no height and headstand landing from 5 to 6 foot resulting in minor concussion and being even more stupid for a weekend or two after. Another one was arabian dive adding the full twist after the first half turn i.e. backward takeoff ½ turn into high dive position and wrap afull twist and roll out. Quite hairy. Sue Cork is working hard and training well (and we look forward to her competing for the other Sunshine State when her clearance comes through. Merl Staub and Ros Miller are hard at it, gym training that is, and there aren't too many leisure hours spent at not training.

Daylight saving is a teriffic thing, though going to training another hour earlier on those lovely sunny afternoons really draws out the sweat.

We did a display at the Mr. Queensland competition the other week (muscle man show) and they had a body press competition on a slightly inverted plane on parallettes. The best these huge hunks of muscle could do was 51 body presses to take out a huge trophy valued at about $50 from cold start and no training. For it we could knock out 54 let alone if we spent 10 minutes training for two days prior. Maybe next year we'll show these body beautifuls how strong gymnasts really are - and that's not their smell either.

Well, on that note I must leave and look forward to hearing some definite information on what is happening to us all re qualifying. How about some other states giving a State Report and fill us in on what's doing.

Compliments of the season to all and best of luck in 1972.

Barry Cheales.

Congratulations go to Judy and Keith (Curley) Russell for their baby, Shane. Keith and Judy are back in Canada again.

INTERVIEW PAMELA EVANS GYMNAST

Date of Birth; 25/3/51.

Height; 5'0½"

Weight; 8st. 13lbs.

Parents; Father was a keen athlete(running).

Favourite Foods; Yes.

Favourite Apparatus; Vault.

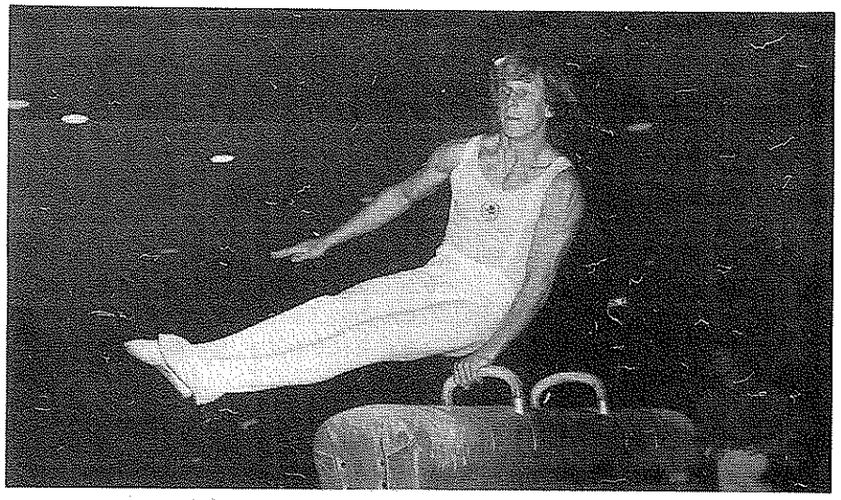
Background; I first started at a physical culture club at 9 but I didn't really like it. Mum suggested I try the Gym classes at the same hall, but on a different night (this is now Ottoway Boys and Girls Club). For about three years I went on enjoying gym, then I won a C. A. Youth Clubs competition. Later I was referred to Anne Bigham who was coaching some good gymnasts. From there I competed and trained and enjoyed more.

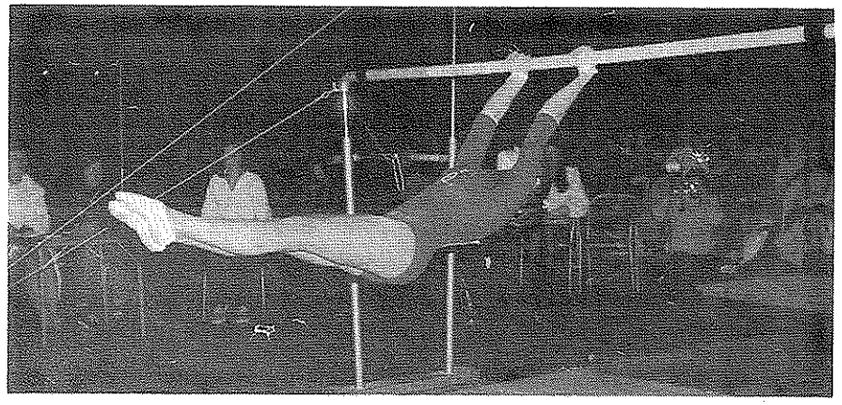
How often do you train; Near competitions, about 5 days a week for about 2 or 2½ hours. Other times of the year, about 3 times a week. Whenever I train I work hard. I do'nt use handgrips.

What do you think of your coaching?; Anne Bigham is terrific. She is flexible and understanding and a good person.

How does your career tie in?; I am a Dip. of Physical Education and teach at school, and it is a definite advantage. Even the friends I made at Teachers College now have an interest in gym so it is really great.

What do you do at competition time?; I stick to my normal daily routine, same meals and everything if possible. Sometimes I am put off by people talking to me and trying to calm me down- that makes me a bit nervous when I wasn't before.
I prefer to drive myself to the competition.
(Further thoughts on training)
I do'nt think it is good to go along with what others are doing in gymnastics, and definitely not to wait for others to try new movements. When you are in the gym, you should train continuously and always train with a group who can help with padding etc., so that you don't become completely dependant on your coach. I do miss having a male coach for standing in on difficult moves.





T.G.C. COMPETITION

(Quiet: Literary Genius at Work)

The Gymnastics Club staged their first annual invitational championships recently in Sydney. Ryde R.S.L. on 11th Dec. 71.)

This event, though prominently successful due to diligent planning and a relaxed atmosphere (golly folks, no protests), nevertheless accomplished the financial atrophy so distinctive of the sport.

Gymnastically, while we grieve over the displays of execution and combination, we were confounded by the difficulties exhibited.

Rudi Starosta's vault, a cartwheel back saulto and his double twisting back in floor exercise were notable. Three toeshoot-front saultos came from the high bar (a dismount previously the provenance of the Australian Champion and his Runner-Up. Forward giants on rings seemed profuse though only one sequence, Alan Robertson's contained a backward giant. Techniques here were excellent. Two Austrians, Dieter Reithmeyer and Helmut Geiblinger added to the pot pourri movements not seen today in this country e.g. high bach saultos and stutzkheres on the parallel bars (senior Australians take note).

The presentation ceremony hosted by the gorgeous Miss Deborah Mazlin was accomplished with commendable speed and efficiency. The presentation of flowers to the victorious girls created a powerful impression - let this continue.

Finally the officials, other judges and myself, though few in number should be congratulated, I...er...we did an excellent job.

P.S. If you wish to complain about this article, DON'T. Write one yourself and show me how it is done. If material were water, we would all be dying of thirst....then again....

Steve Line.

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